



**Daffodil**  
*International*  
**University**

## **Project Report On**

### **Knowledge Assessment on Protein Rich Foods and Their Consumption Patterns among Selected Households in Dhaka City**

#### **Submitted To**

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**Date of Submission:04-06-2021**

## LETTER OF TRANSMITTAL

04-06-2021

Dr. Sheikh Mahatabuddin  
Associate Professor and Head  
Department of Nutrition and Food Engineering  
Faculty of Allied Health Science (FAHS)  
Daffodil International University, Dhaka.  
**Subject: Submission of project work report.**

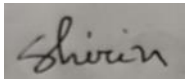
Dear Sir,

It is a great pleasure and honor for me to have the opportunity to submit my project work report on knowledge assessment on protein rich foods and their consumption patterns among selected households in Dhaka City.

I have prepared this report based on the acquired taste knowledge during my project period. Without your help, this report would have been impossible to complete. This report is based on 'Knowledge Assessment on Protein Rich Foods and Their Consumption Patterns Among Selected Households in Dhaka City'. I have got the opportunity to work in your university under the supervision of Ms. Fouzia Akter, (Assistant Professor).

I, therefore, request and expect that you will appreciate me with any sort of recommendation and valued suggestion and will cordially receive this report for your kind assessment.

Sincerely Yours



.....  
Shirin Ahmed  
Id: 171-34-599  
Department of NFE  
Faculty of Allied Health Science  
Daffodil International University.

## APPROVAL CERTIFICATION

This is to certify that the dissertation entitled “**Knowledge assessment on Protein Rich Foods and Their Consumption Patterns Among Selected Households in Dhaka City**” submitted by Shirin Ahmed, a regular student of B.Sc. in Nutrition and Food Engineering, Faculty of Allied Health Science, Daffodil International University, student ID: 171-34-599 successfully carried out her project work program two month .Then she completed her report writing on the base of her data on December 2020 under my direction. We aware that **Shirin Ahmed** completed her report under observation of her supervisor. In addition, we ensure that her report is a worth of fulfilling the partial requirements of NFE program.

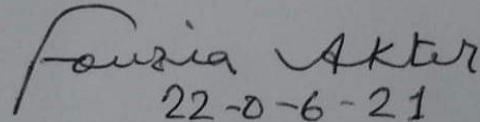


28/06/2021

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**Dr. Sheikh Mahatabuddin**

Head

Department of Nutrition and Food Engineering  
Faculty of Allied Health Science (FAHS)  
Daffodil International University, Dhaka.



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**Ms. Fouzia Akter**

Assistant Professor

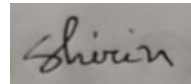
Department of Nutrition and Food Engineering  
Faculty of Allied Health Science  
Daffodil International University,  
Dhaka.

## Acknowledgements

All praises and gratitude to the almighty of Allah for the good health and wellbeing that were needed to complete this project work. I would like to thank honorable teacher Dr. Sheikh Mahatabuddin Associate Professor and Head of the Department of Nutrition and Food Engineering, also would like to thank honorable teacher Ms. Fouzia Akter, Supervisor, Assistant professor, Department of Nutrition and Food Engineering, for her excellent guidance and patience and for being supportive throughout the period of this project work. Without their instruction, this project work could not be possible to conduct. Their encouragement has been a driving force during study period and their immense knowledge has massively contributed to the successes of this project work. I also thankful to all respondent who participated in the studies that formed the foundation for this project and everyone who contributed in diverse ways to the realization of this project. I took this opportunity to express gratitude and veneration to all who helped me to doing this report. At the event of report submission, author sincerely remembers all of them.

I am very thankful to all my teachers of Department of Nutrition and Food Engineering, Daffodil International University for their help encouragement during the study.

I am extremely grateful to my family members, my friends, for their enthusiastic support.



\_\_\_\_\_ Shirin Ahmed

## **Dedication**

This report is dedicated to my beloved mother. Without her support I can't do this work.

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## Abstract

This study was mainly done to find out the people's knowledge about protein rich foods and their consumption patterns or usually how they take their protein based diet. My case study was conducted at Savar under Dhaka City. Due to pandemic situation my sample size was small. Total 43 data were collected from different age's people. From them 74.42% were male and 25.58% were female. The collected data was analysis through SPSS. After the analysis we found that 86.05% people said yes that they have knowledge about protein rich food or they know the sources of protein and 13.95% said no that they haven't any idea about this or they don't know the sources of protein. We can also found that 95.3% people are used to eat their meat based food through boiling process and 4.65% are taken through frying, 74.42% are taken their fish based food through boiling process and 25.58% are taken through frying, 53.49% are directly taken their milk and 46.51% are taken through processing or other forms of milk.

**Key words:** *Protein, Sample, Data, Food, Knowledge, Consumption*

# Chapter-1

## Introduction

### 1.1 Definition:

Protein is one kind of organic compound which is made up of amino acid. Or protein is a one kind of macronutrient which is found in foods and its main function is to body building activity. It's mainly helps o cell for their growth and development. Meat, fish, egg, milk, dairy products, seeds, nuts, soy, beans, lentils etc. are included as protein containing food<sup>[1]</sup>

### 1.2 Types of protein:

In food, there are mainly two types of protein. They are –

Animal based protein and plant based protein.

#### Animal based protein:

This type protein is found from animal source. They are meat, fish, egg, milk etc.<sup>[2]</sup>

#### Plant based protein:

This types of protein are found in the plants. They are nuts, beans, lentils etc.<sup>[1]</sup>

### 1.3Functions of protein:

Protein has very important functions in our body. It does lots of works in our body. DNA are mainly synthesized by protein and also act as a DNA repairing agent. Protein provides structural support to the body. It also catalyzes the chemical reactions that occurs in the body. It transport materials to the cell. Protein receives and sends chemical signals that happens in the body. It also maintains the PH balance of the body. It increases immunity through the formation of antibodies which helps to prevent various types of diseases or protect our body from different types of diseases. It also act as a store house of nutrient cause it stores various types of nutrient.<sup>[3]</sup>

### 1.4 Benefits of protein:

Protein is a very important for the growth of the body. It builds and increases muscles. It increases the strength of the muscles. Protein is very good for bones as it makes the bone stronger. It reduces the level of hunger. It helps to maintain the blood pressure. It helps in weight loss. It also boost up the metabolism rate and also increases the immunity<sup>[4]</sup>

### **1.5 Protein deficiency:**

It occurs when body do not get the right amount or enough amount of protein as it need. Losses of muscle mass is the most common sign of lower protein intake. The most common diseases which occur due to lack of protein is kwashiorkor. It is mainly occurring or found among children. Swollen, edema (puffy skin) are also occurs due to lack of protein intake. Flaky skin, redness of the skin, hair loss, depigmentation of the skin, brittle nail etc. are also very common protein diseases among people. Due to lack of protein bones are also affected or becomes weaker <sup>[3]</sup>

### **1.6 General objective:**

To find out the knowledge on protein rich food and their consumption patterns in Dhaka City

### **1.7 Specific objectives:**

To assess their knowledge on protein rich food

To identify protein food taking habit

To identify the socio economic information

### **1.8 Significance of the report:**

The report might be helpful for the students, researchers who are interested to work in this field, as the report presents case study oriented knowledge. The authenticity of the paper is highly maintained. If anyone wanted to work in this field will find the necessary or highly related information about this topic. Notably, the report would be inexhaustible value to the students of nutrition. Food science, Health and Allied Science students.

### **1.9 Research questions:**

What percentage of people have idea about protein rich food?

In which method they (target group) take protein rich food?

Is education affect the knowledge of the participants?

Is income affect the food habit of the participant?

## Chapter-2

### Literature Review

Protein is very important for human body. It works as a fuel which gives energy to the human body. Its main function is to body building. Protein gives the shape to the human body and it mainly give the frame to the body. It helps in cell reproduction or cell repairing.<sup>[5]</sup>

Protein is needed for all age's people. Children, adult, young people, pregnant women, old people all are needed protein. People should intake protein according to their weight. This is the ideal amount of protein that people should intake. Maximum old aged people think that they don't need high amount of protein or they don't need protein, only children needs protein. So that they don't take or they avoid egg, milk, fish etc. As a result, they suffer from various types of bone related problems.<sup>[6]</sup>

There are various types of protein containing foods. Some are from animal source and some are from plant source. Plant source of protein are legumes, various types of seeds, different types of nuts etc. Animal sources are meat, fish, poultry, egg, milk etc. Due to lack of proper food knowledge maximum people thought that only meat, fish, egg, milk poultry etc. contain protein which is quite expensive but they haven't any idea about plant source of protein. As a result, people thought that if they want to take protein they have to spend a good amount of money. But there is a large amount of protein we can get from plant source. Plant source of protein are healthier than animal source. It contains more fiber and less fat which is good for health. It also reduces the risk of various types of diseases like obesity, heart diseases, cancer etc.<sup>[7]</sup>

# Chapter-3

## Methods and Materials

### 3.1 Materials:

No.	Equipment	Purpose
1	Paper	To produce questionnaires
2	Computer	To entry data To analyze the data To make presentation For report writing
3	Fund	Self – funding to run the purpose Of thesis work

### 3.2 Methodological approach:

#### Study location:

The study was conducted in a specific area. This study was mainly done under the Dhaka city at Savar.

#### Study design:

This study was conducted in Dhaka city at Savar in November 2020. This study was mainly done about their protein based knowledge or about their protein intake. This study was conducted on 43 people. Both male and female at above 15 years old were selected as a target group.

**Study Population:**

The study population were selected as both male and female. The study was conducted between both illiterate and literate.

**Study period:**

November2020 to Februry2021.

**Data collection period:**

9<sup>th</sup> November 2020 to 5<sup>th</sup> January 2021.

**Sampling method:**

I have used the systematic random sampling method.

**Sample size:**

$$\text{Sample size} = \frac{\frac{z^2 \times P(1-P)}{e^2}}{1 + \left( \frac{z^2 \times p(1-p)}{e^2 N} \right)}$$

Here,

N= Population size

Z= z-score (z- score is the number of standard deviations a given proportion is away from the mean.)

e = Margin error (decimal form of percentage)

[Note: Due to pandemic situation it is difficult to collect data from respondent. So that my sample size is small and it is 43]

**Data collection method:**

Data was collected by a questionnaire through face to face interview.  
I use the language which is easier to understand them.  
Every respondent was given 15-20 min for the collection of the data.  
All the answers of the respondent were marked in the questionnaire.



# Chapter-4

## Result

In this chapter the result of analysis are given which were collected from the respondent under Dhaka city. Various types of data or information were collected from the respondent.

### 4.1 Frequency table of the questionnaire

#### 4.1.1 Age

Table1:

Age range from 15 to 34

Age	Frequency	Percentage
16	1	4.3
18	1	4.3
20	1	4.3
22	4	17.4
23	4	17.4
25	7	30.4
30	5	21.7
Total	23	100.0

Here we can see that, from 43 respondents 23 are belongs to 15 to 34 age range.

Table 2:

Age range from 35 to 55

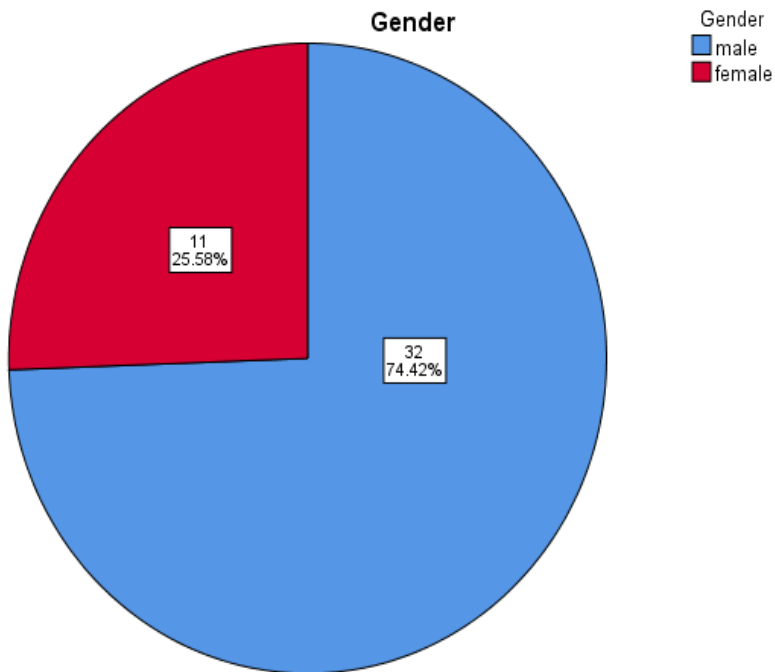
<b>Age</b>	<b>Frequency</b>	<b>Percentage</b>
35	3	15.0
36	4	20.0
38	5	25.0
41	4	20.0
52	3	15.0
53	1	5.0
Total	20	100.0

Here we can see that, from 43 respondents 20 are belongs to 35 to 55 age range.

## 4.2 Different types of charts of the questionnaire

### 4.2.1 Gender

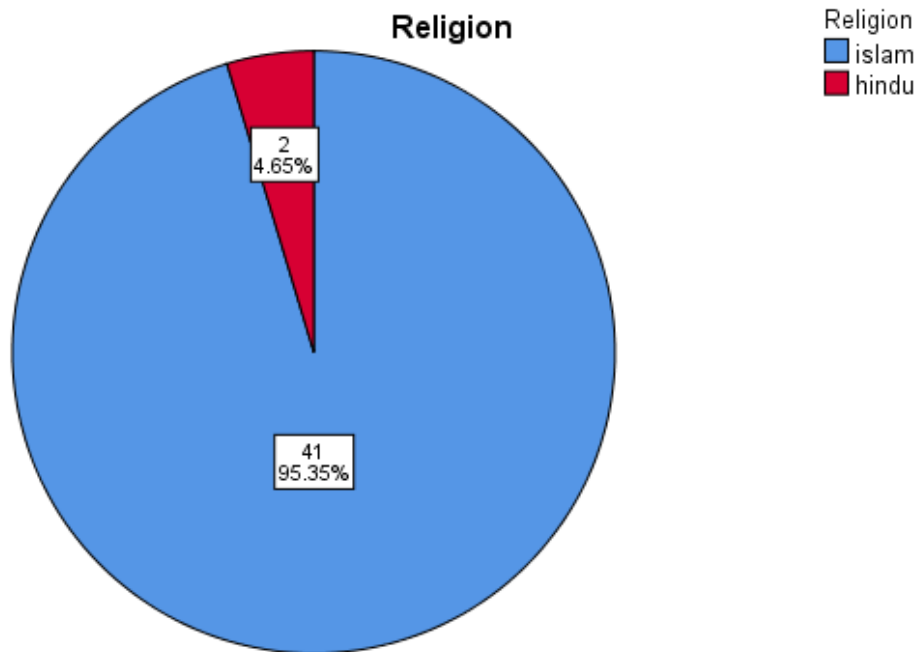
Chart 1



From 43 respondent 25.58% are female and 74.42% are male. That means 11 person are female and 32 person are male.

## 4.2.2 Religion

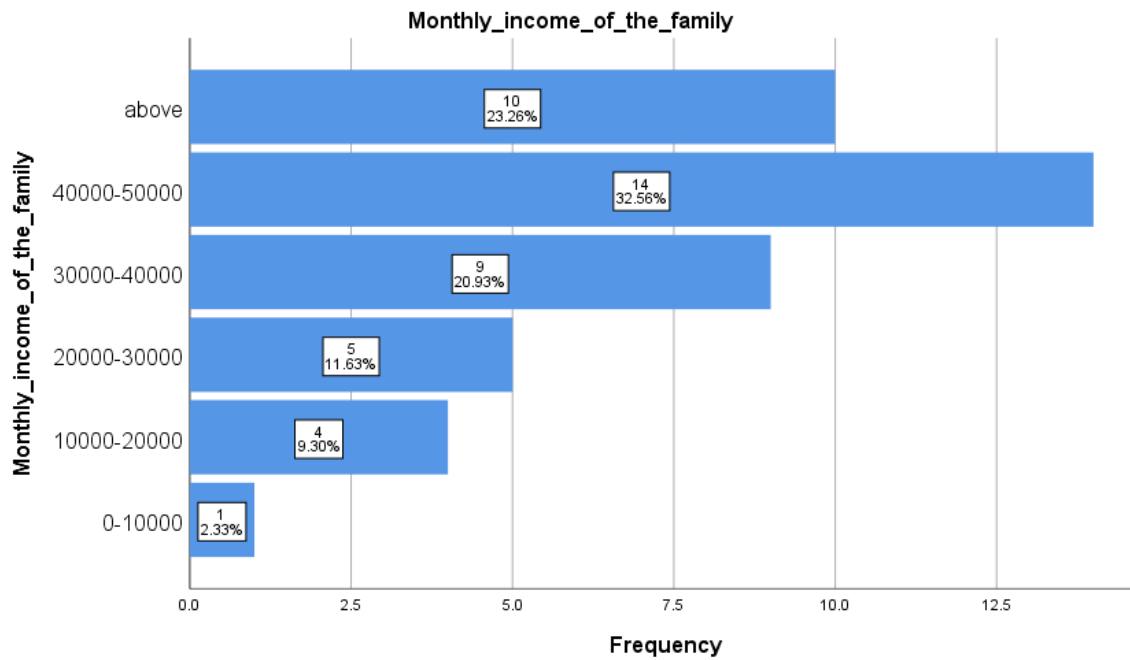
Chart 2



From 43 respondents 4.655% are Hindu and 95.35% are Muslim. That means 2 persons are Hindu and 41 persons are Muslim.

### 4.2.3 Monthly income of the family

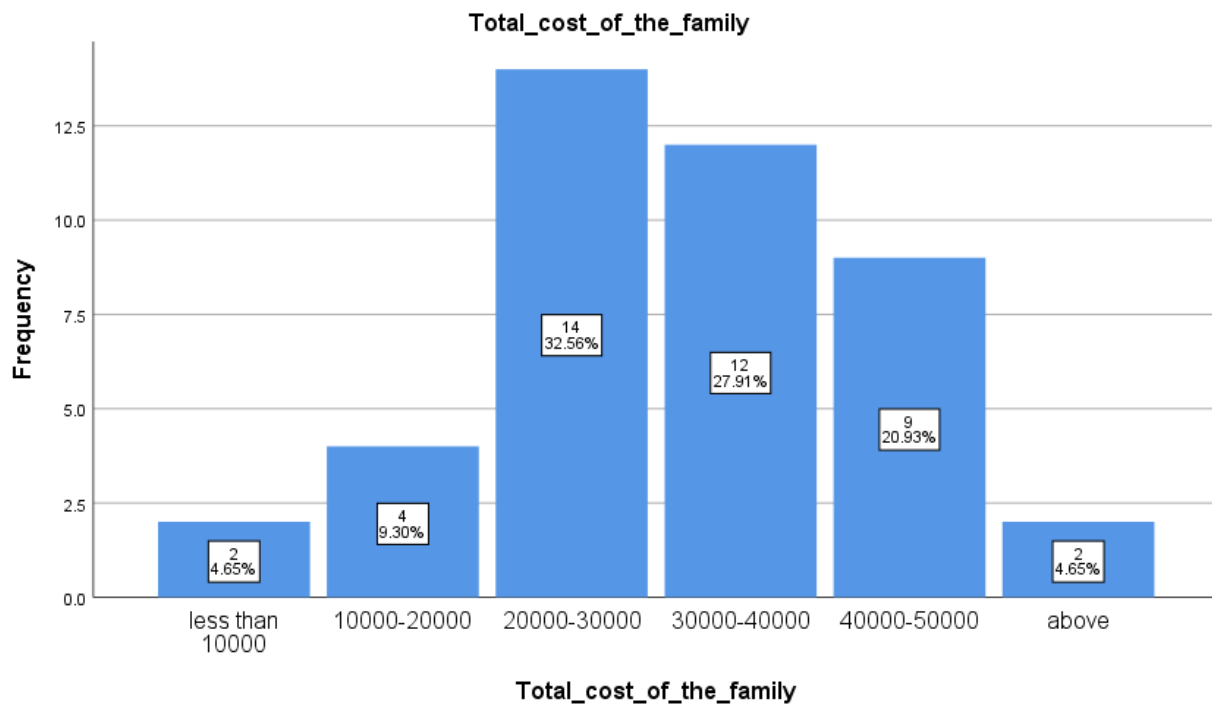
Chart 3



Here we can see that, 2.33% respondent's income are between (0-10000) BDT, 9.30% are between (10000 -20000) BDT, 11.63% are between (20000-30000) BDT, 20.93% are between (30000-40000) BDT, 32.58% are between (40000-50000) BDT and 23.26% respondent are above all of this.

#### 4.2.4 Total cost of the family

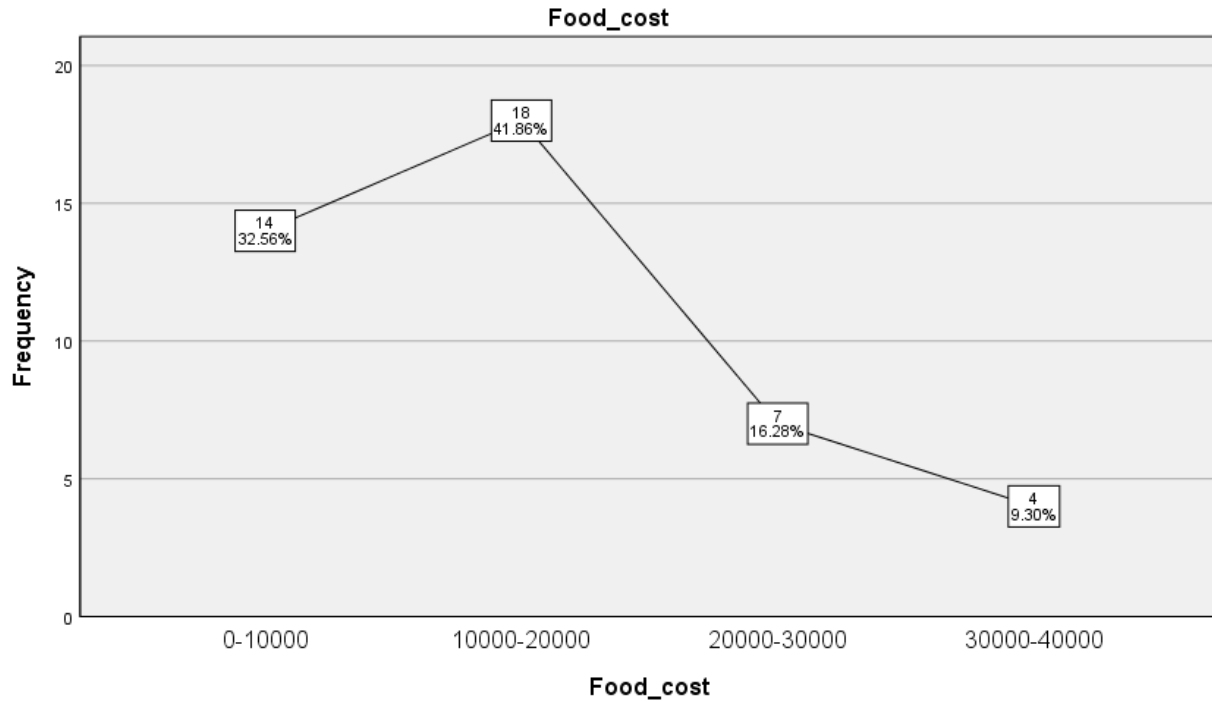
Chart 4



From this chart we can see that, 4.65% respondent's monthly cost are less than 10000 BDT, 9.30% costs are between (10000-20000) BDT, 32.56% costs are between (20000-30000) BDT, 27.91% costs are between (30000-40000) BDT, 20.93% costs are between (40000-50000) BDT and 4.65% are above all of the cost.

## 4.2.5 Food cost

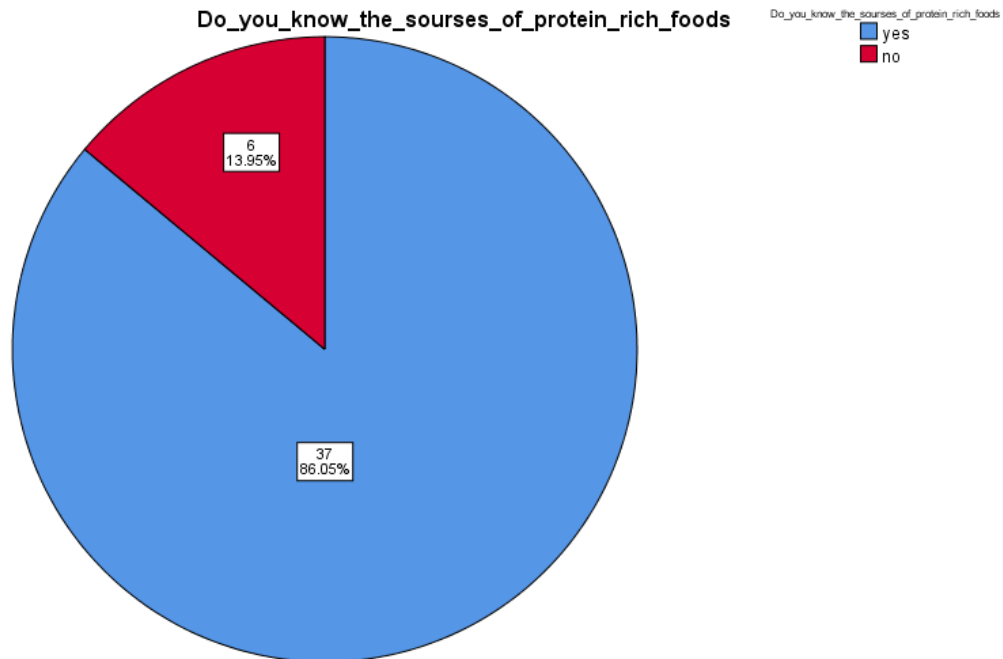
Chart 5



Here we can see that, 32.56% respondent monthly spend (0-10000) BDT on their food, 41.86% spend (10000-20000) BDT, 16.28% spend (20000-30000) BDT and 9.30% spend (30000-40000) BDT.

#### 4.2.6 Do you know the sources of protein rich foods

Chart 6

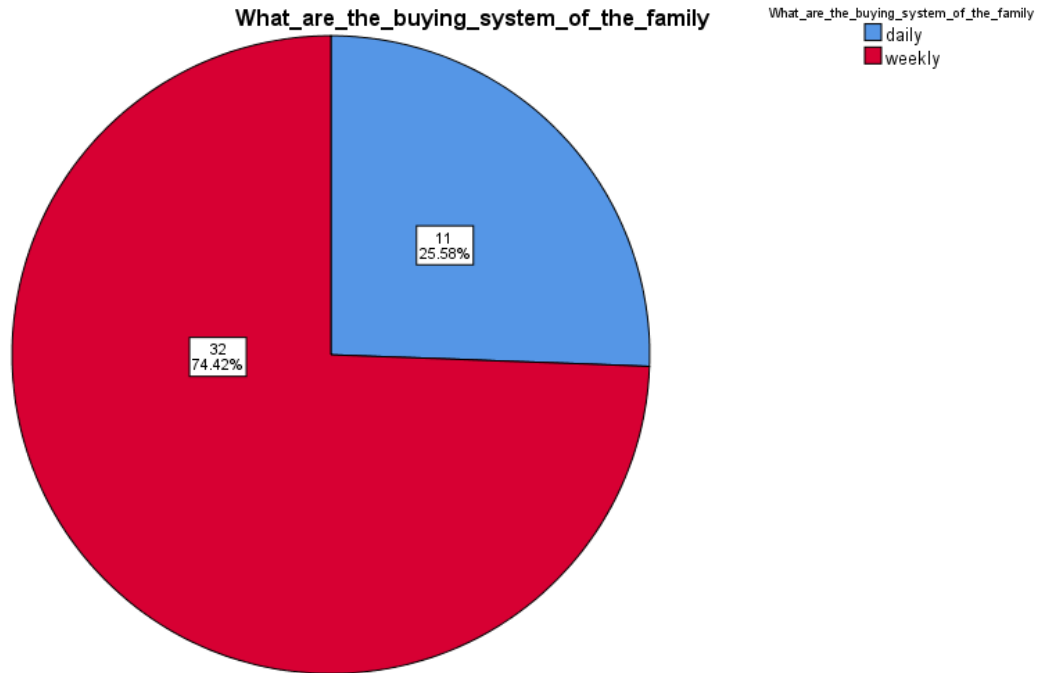


Here we can see that, 86.05% respondent say yes that they know the sources of protein and 13.95% say no. That means from the 43 respondent 37 person have idea or knowledge about protein rich foods and 6 people have no idea.



#### 4.2.7 What are the buying system of the family

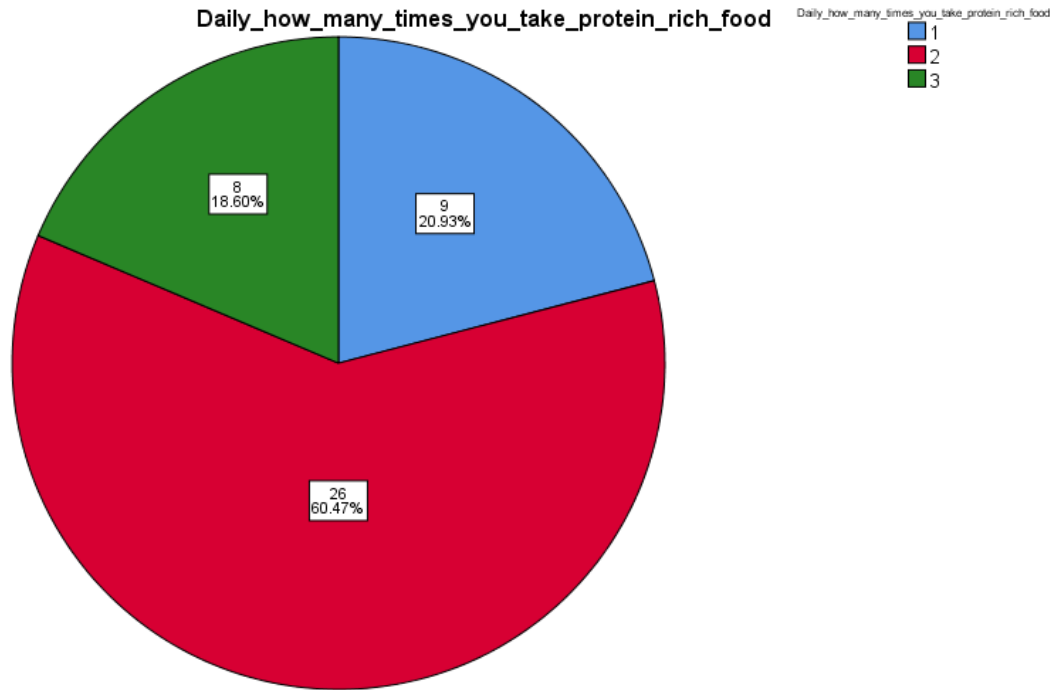
Chart 7



Here we can see that, 74.42% peoples buying system are weekly and 25.58% are daily.

#### 4.2.8 Daily how many times you take protein rich foods

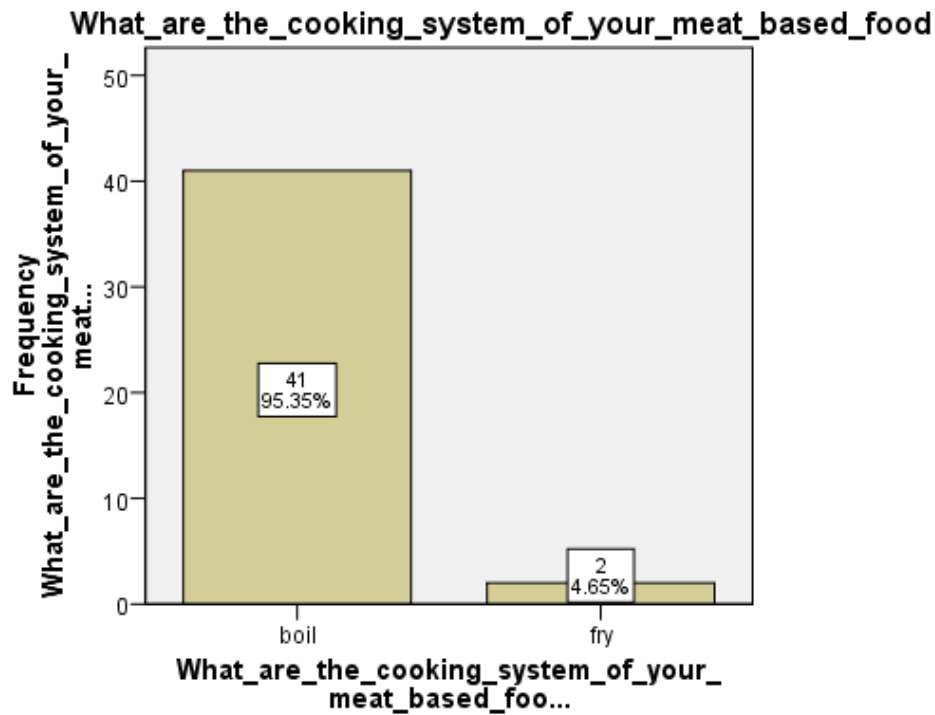
Chart 8



This chart shows that, 60.47% respondent daily 2 times take protein in their meal, 20.93% take 1 time and 18.60% take 3 times.

#### 4.2.9 What are the cooking system of your meat based food

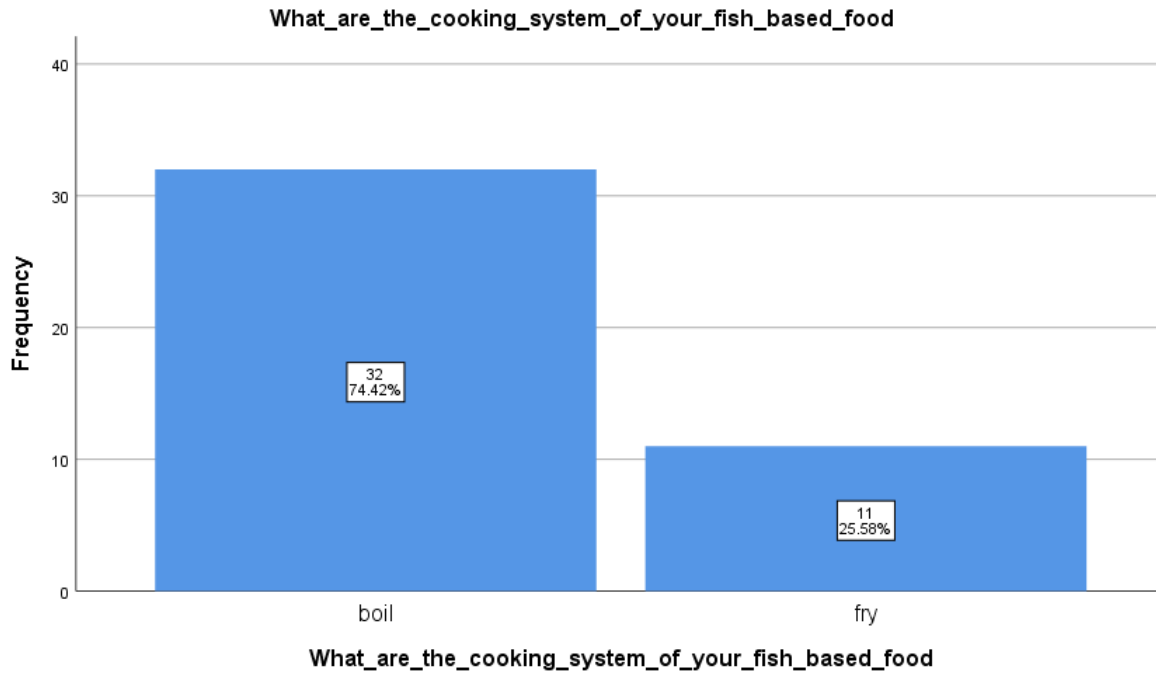
Chart 9



Here we can see that, 95.35% respondent take their meat through boiling process and 4.65% through frying.

#### 4.2.10 What are the cooking system of your fish based foods

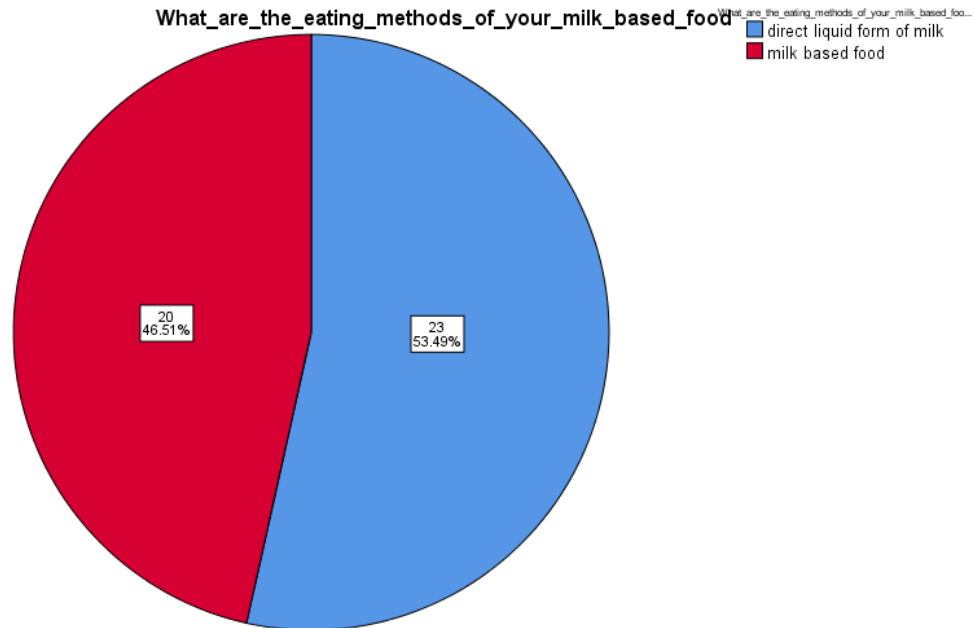
Chart 10



Here we can see that, 74.42% respondent take fish in their meal through boiling process and 25.58% are take through frying.

#### 4.2.11 what are the eating methods of your milk based food

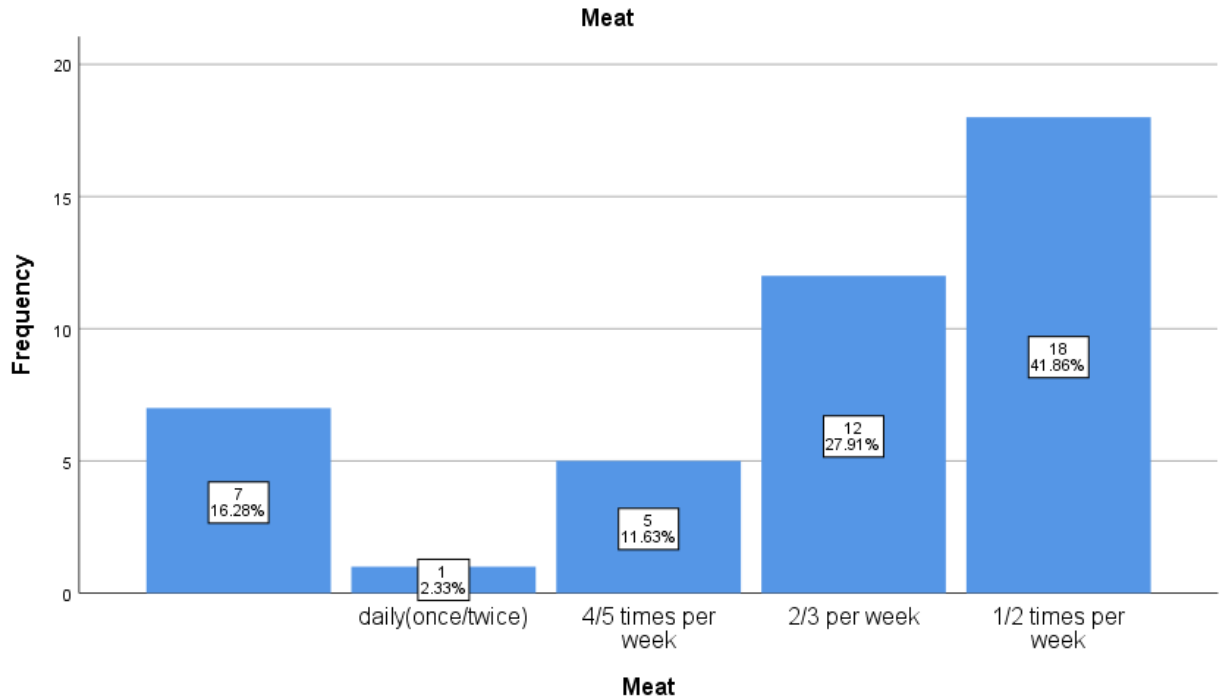
Chart 11



In this chart we can see that, 46.51% respondent take their milk based food in different forms and 53.49% are directly take in a liquid form.

## 4.2.12 Meat

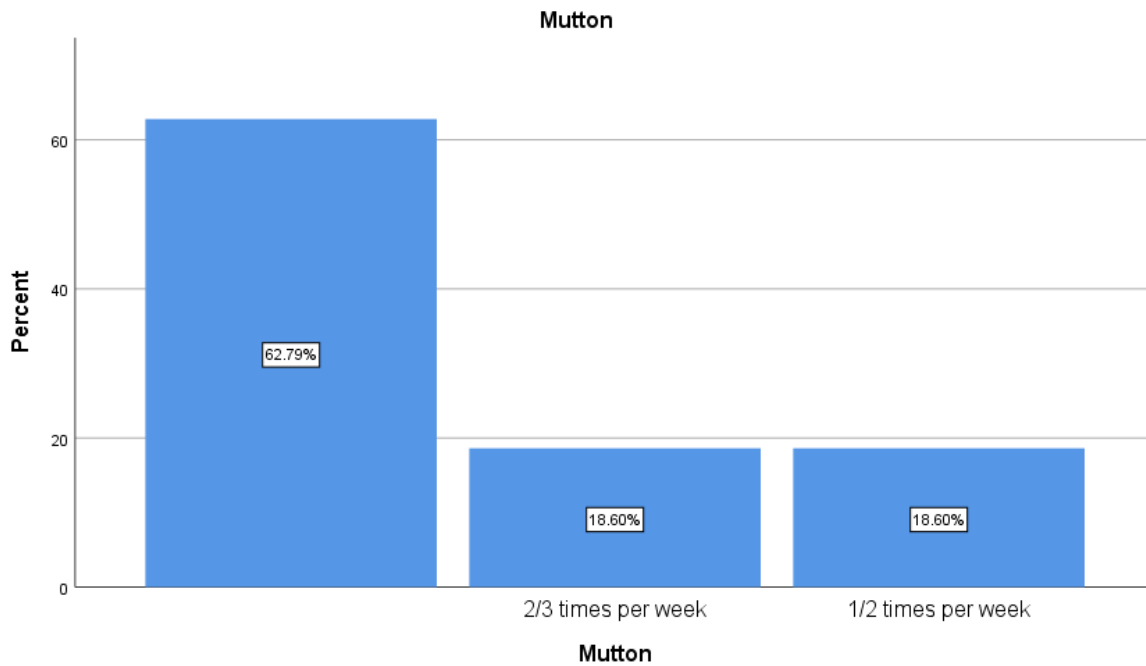
Chart 12



Here we can see that, 2.33% respondent are daily take meat in their meal, 11.63% are take 4/5 times in per week, 27.91% are take 2/3 times in per week, 41.86% are take 1/2 times in per week and 16.28% are don't take.

## 4.2.13 Mutton

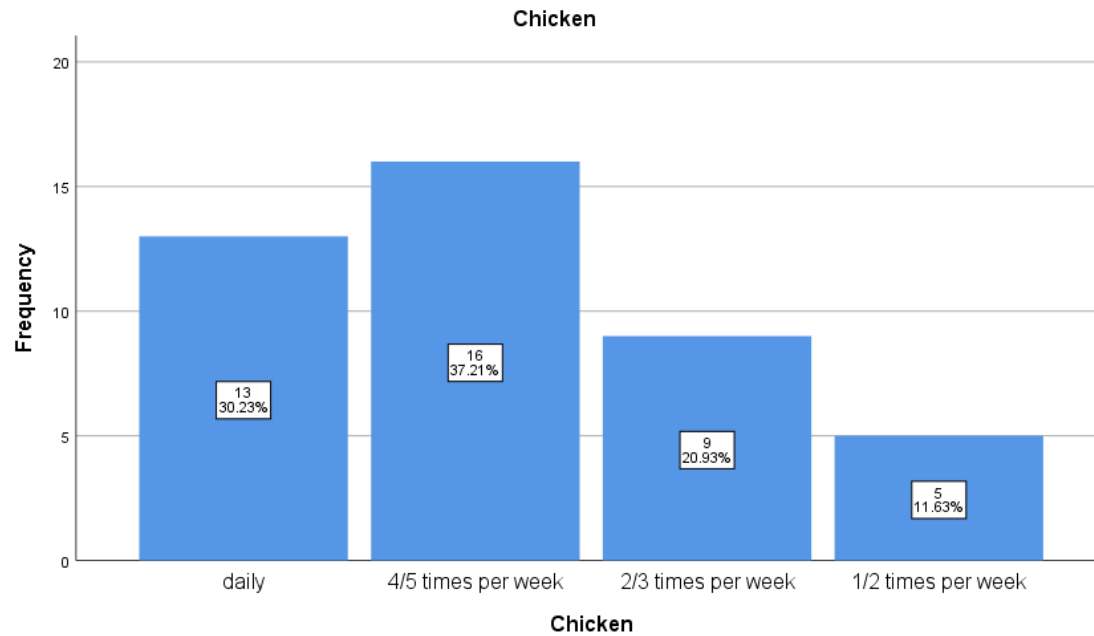
Chart 13



Here we can see that, 18.60% respondent take Mutton 2/3 times in per week, 18.60% are take 1/2 times in per week and 62.79% are don't take Mutton.

## 4.2.14 Chicken

Chart 14

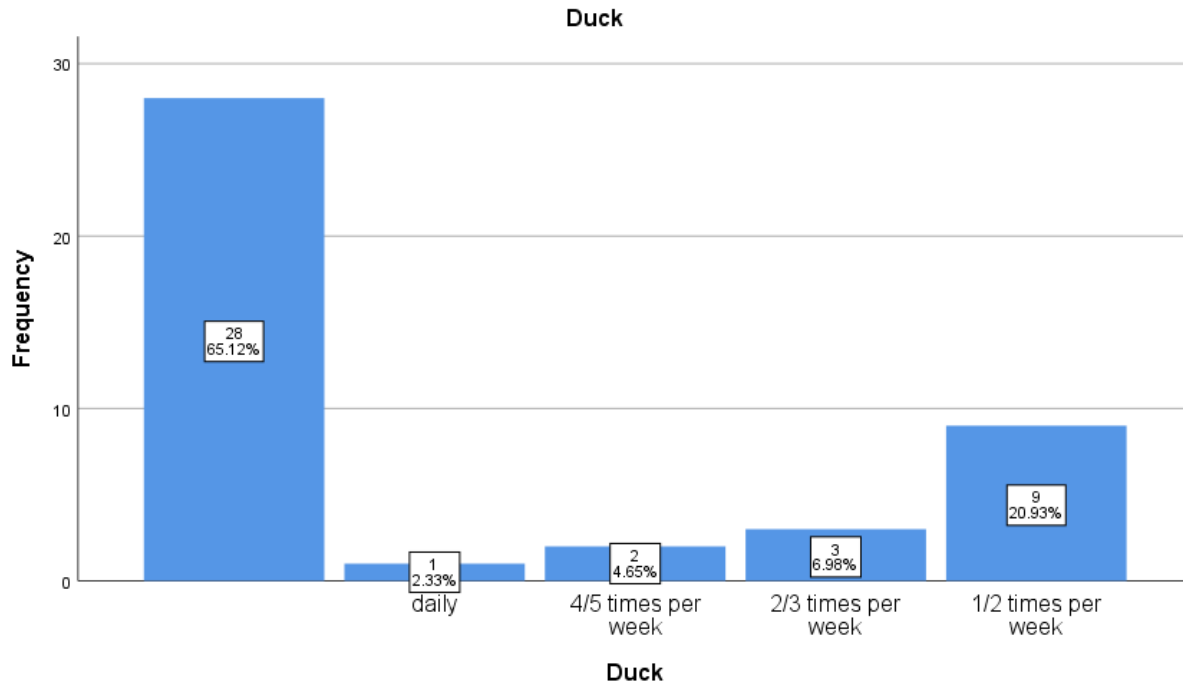


Here we can see that, 30.23% respondent are daily take chicken in their meal, 37.21% are take 4/5 times in per week, 20.93% are take 2/3 times in per week and 11.63% are take 1/2 times in per week.



## 4.2.15 Duck

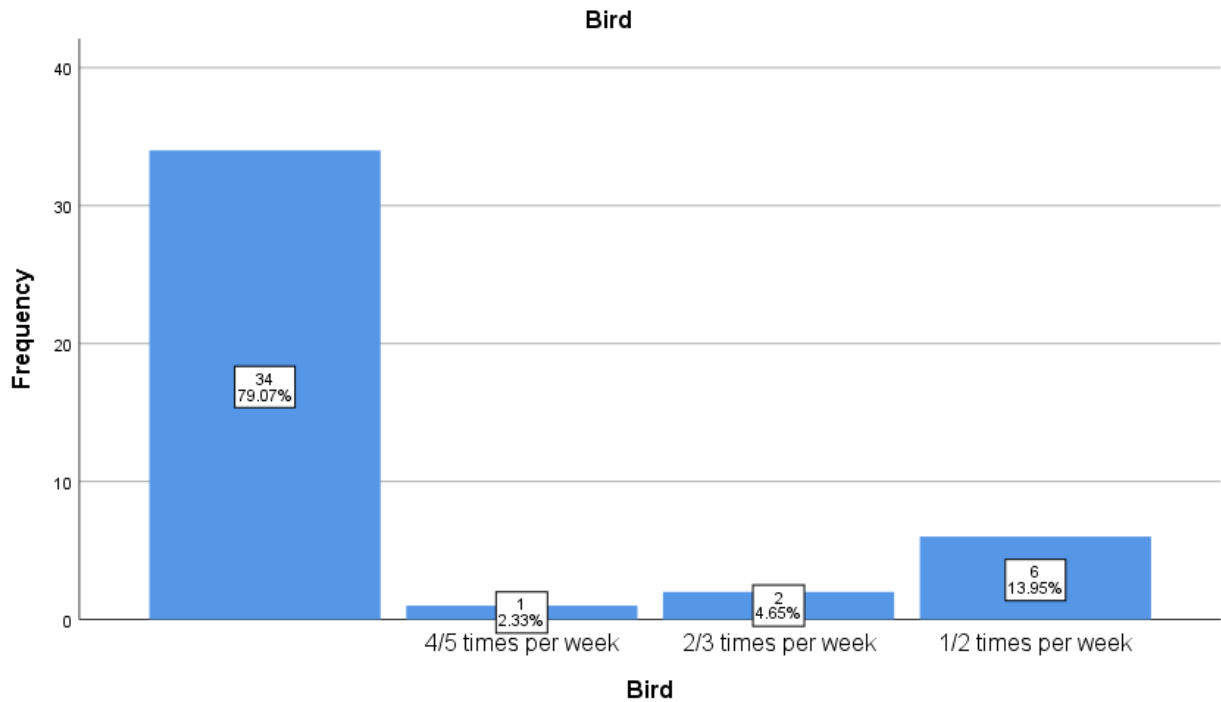
Chart 15



Here we can see that, 2.33% respondent are daily take duck in their meal, 4.65% are take 4/5 times in per week, 6.98% are take 2/3 times in per week, 20.93% are take 1/2 times in per week and 65.12% are don't take.

## 4.2.16 Bird

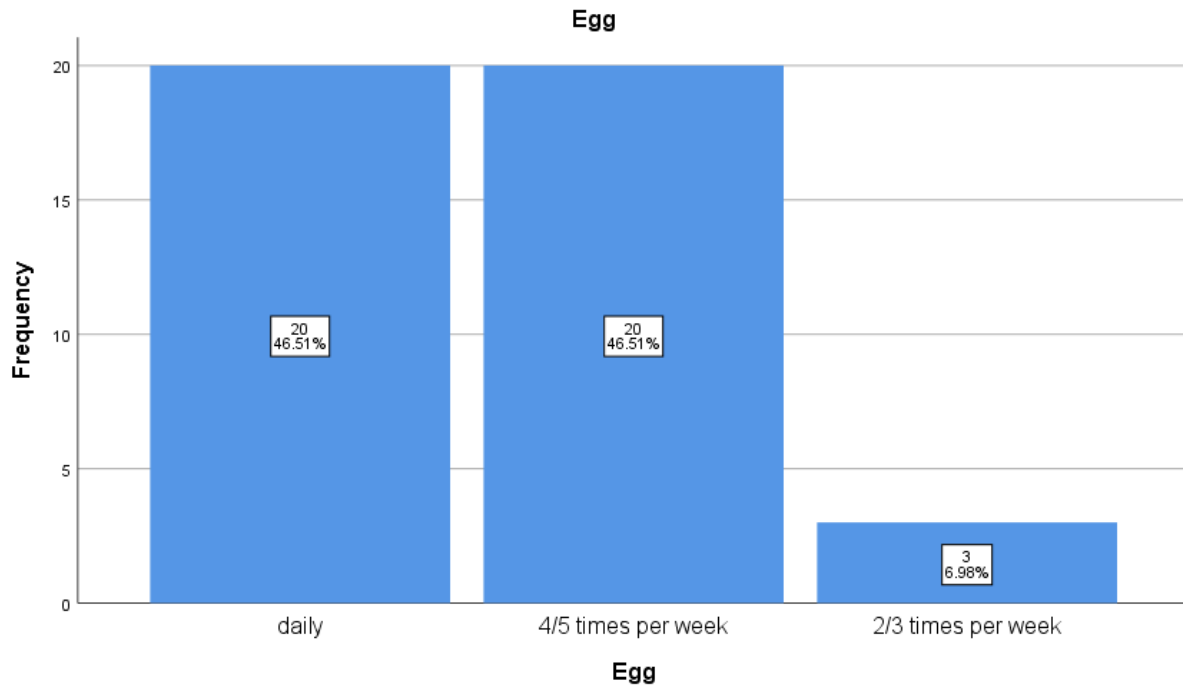
Chart 16



Here we can see that, 2.33% respondent take bird in their meal 4/5 times in per week, 4.65% are take 2/3 times in per week, 13.95% are take 1/2 times in per week and 79.07% are don't take bird in their meal.

## 4.2.17 Egg

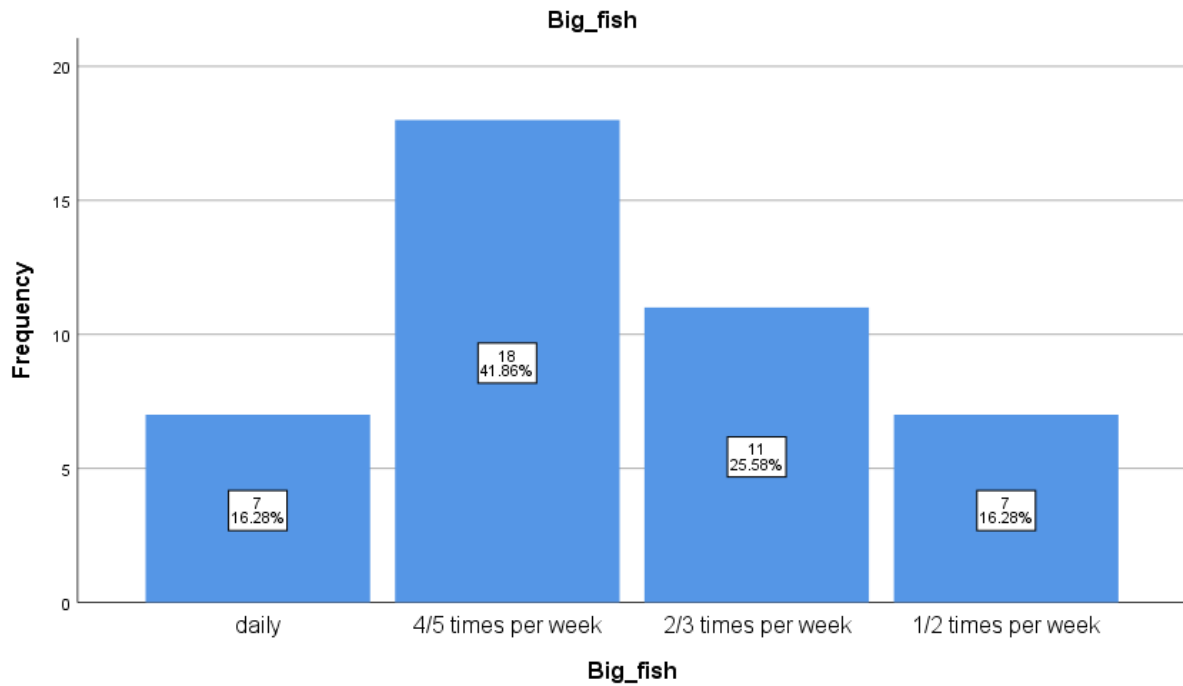
Chart 17



Here we can see that, 46.51% respondent are daily take egg in their meal, 46.515 are take 4/5 times in per week and 6.98% are take 2/3 times in per week.

## 4.2.1 Big fish

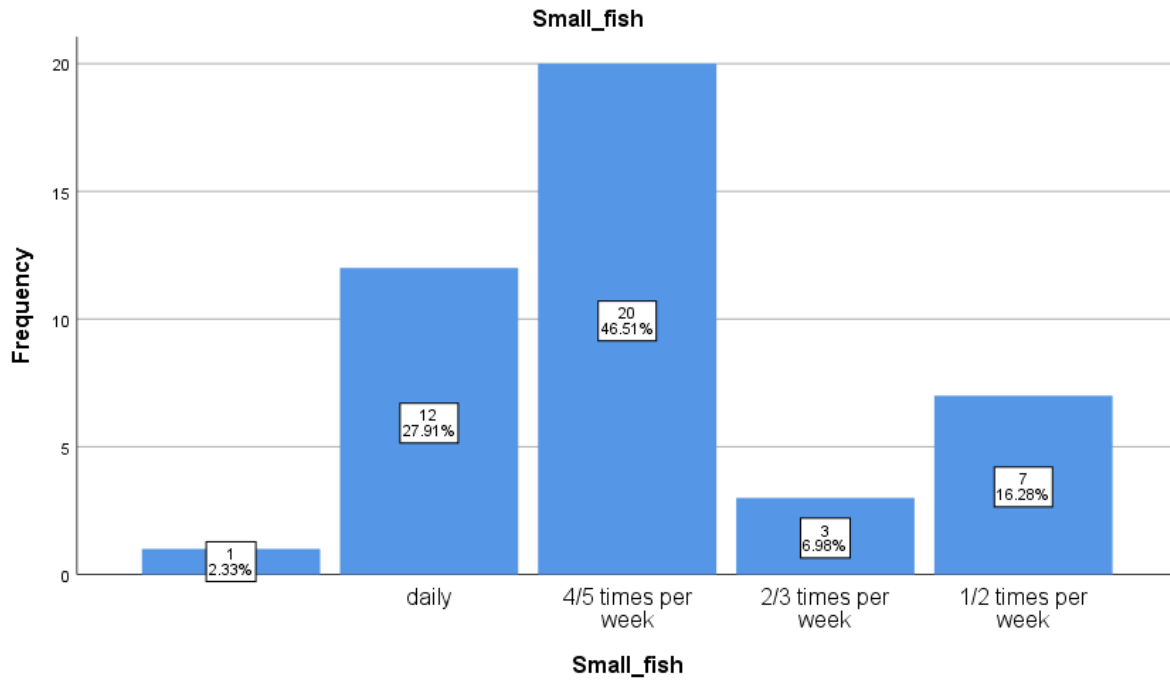
Chart 18



Here we can see that, 16.28% respondent are daily take big fish in their meal, 41.86% are take 4/5 times in per week, 25.58% are take 2/3 times per week and 16.28% are take 1/2 times in per week.

## 4.2.19 Small fish

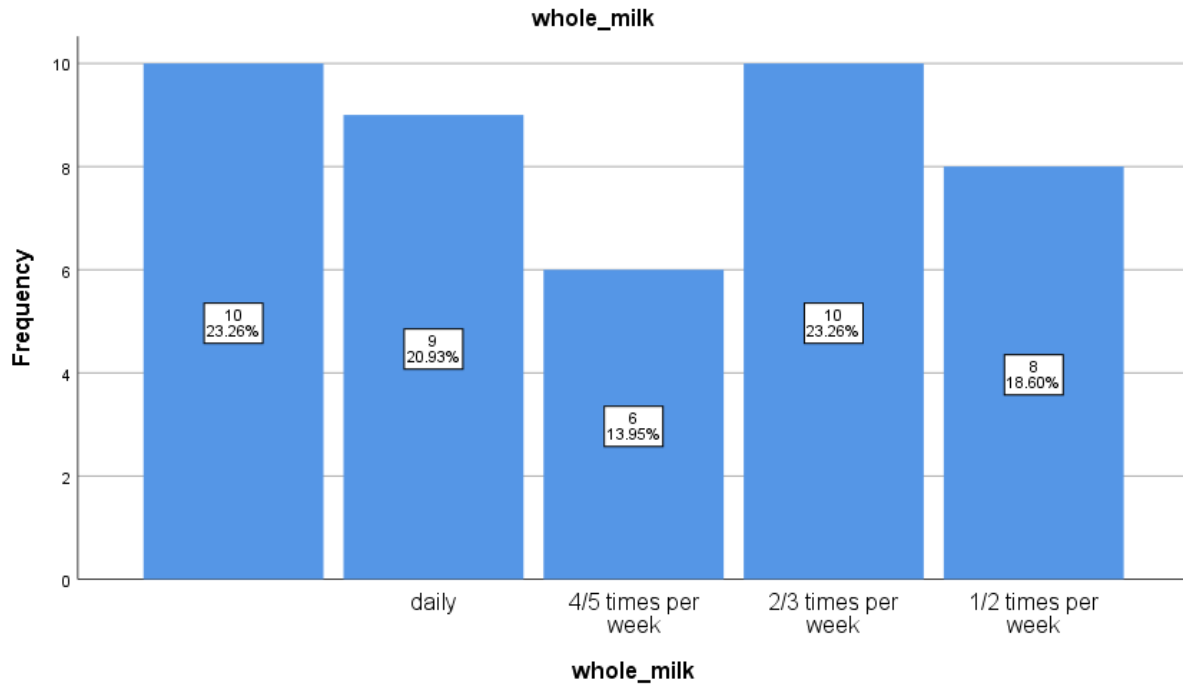
Chart 19



Here we can see that , 27.91% respondent are daily take small fish in their meal , 46.51% are take 4/5 times in per week , 6.98% are take 2/3 times in per week , 16.28% are take ½ times in per week and 2.33% are don't take .

## 4.2.20 Whole milk

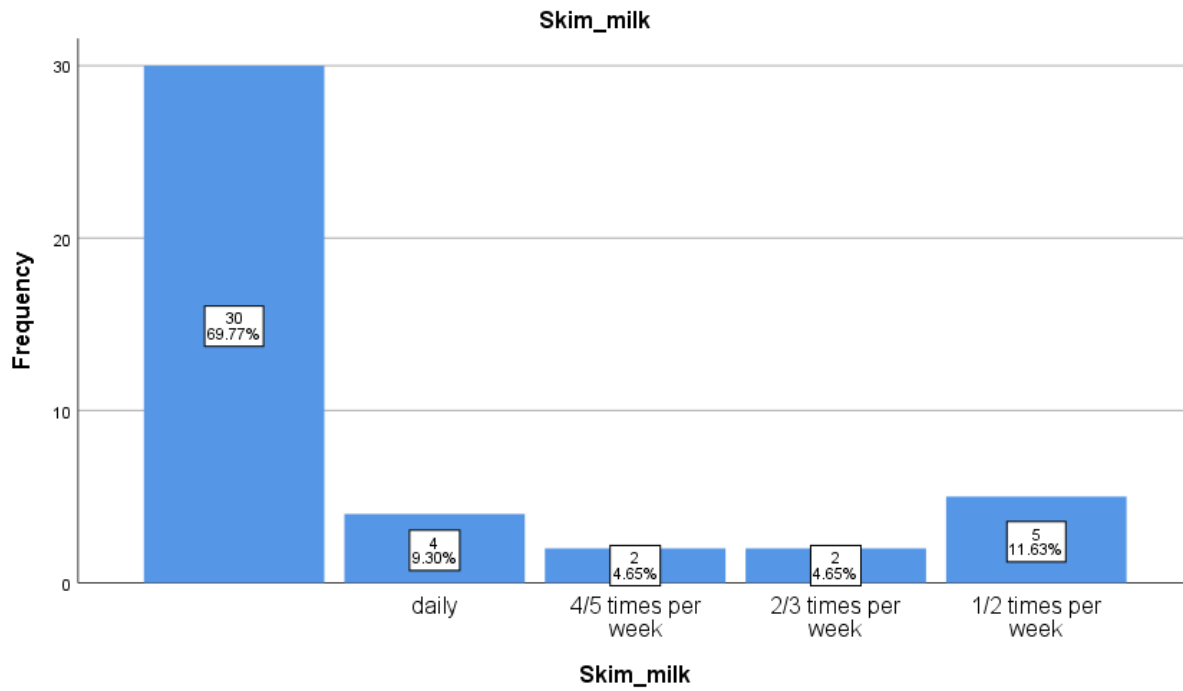
Chart 20



Here we can see that, 20.93% respondent are daily take whole milk in their meal, 13.95% are take 4/5 times in per week, 23.26% take 2/3 times in per week, 18.60% are take 1/2 times in per week and 23.26% are don't take whole milk.

## 4.2.21 Skim milk

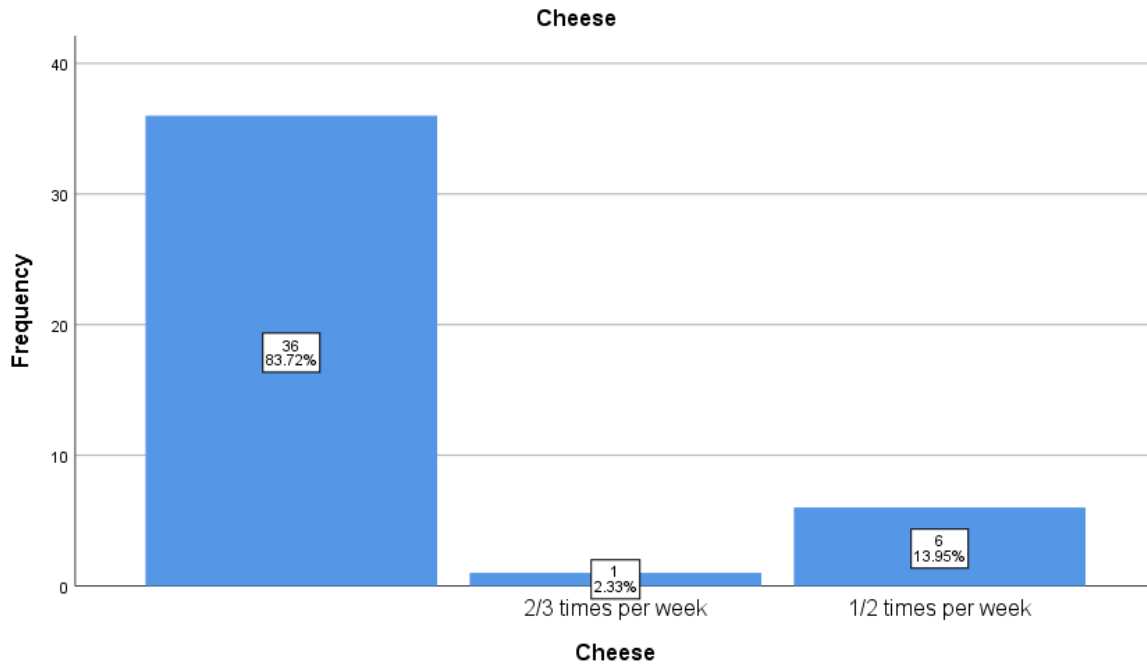
Chart 21



Here we can see that, 9.30% respondent take skim milk daily, 4.65% are take 4/5 times in per week, 4.65% are take 2/3 times in per week, 11.63% are take 1/2 times in per week and 69.77% are don't take skim milk.

## 4.2.22 Cheese

Chart 22

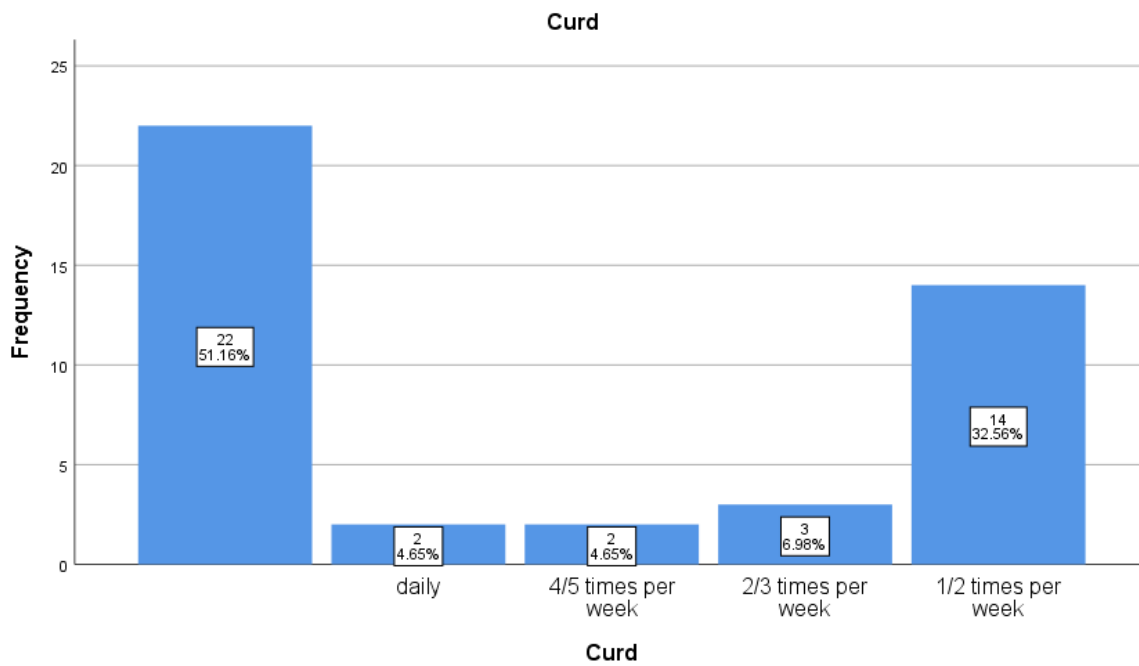


Here we can see that, 2.33% respondent take cheese 2/3 times per week in their milk, 13.95% are take 1/2 times in per week and 83.72% are don't take.



## 4.2.23 Curd

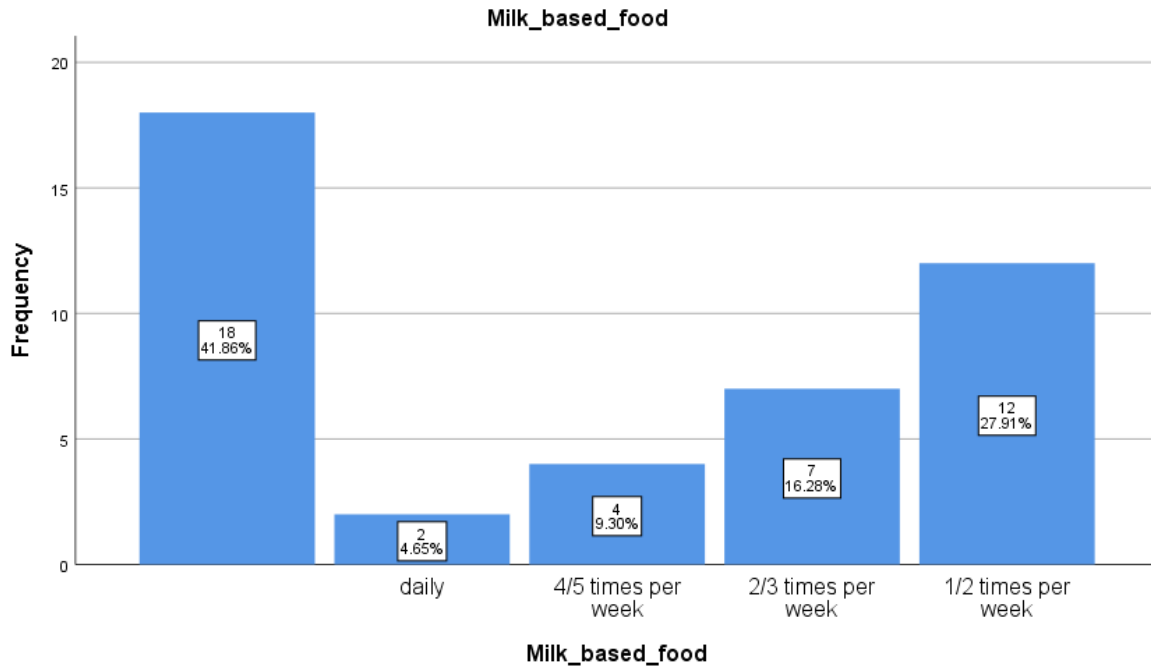
Chart 23



Here we can see that, 4.65% respondent are daily take curd in their meal, 4.65% are take 4/5 times in per week, 6.98% are take 2/3 times in per week, 32.58% are take 1/2 times in per week and 51.165 are don't take curd.

#### 4.2.24 Milk based food

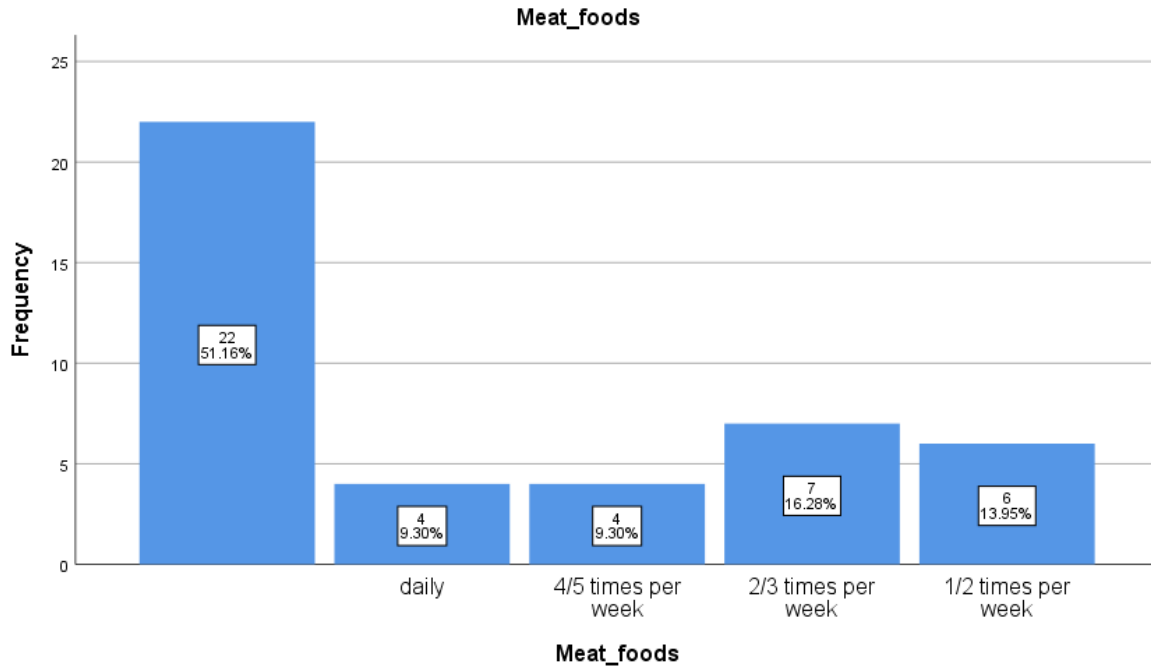
Chart 2



Here we can see that, 4.65% respondent take milk based food in daily, 9.30% are take 4/5 times per week, 16.28% are take 2/3 times in per week, 27.91% are take 1/2 times in per week and 41.86% are don't take.

## 4.2.25 Meat foods

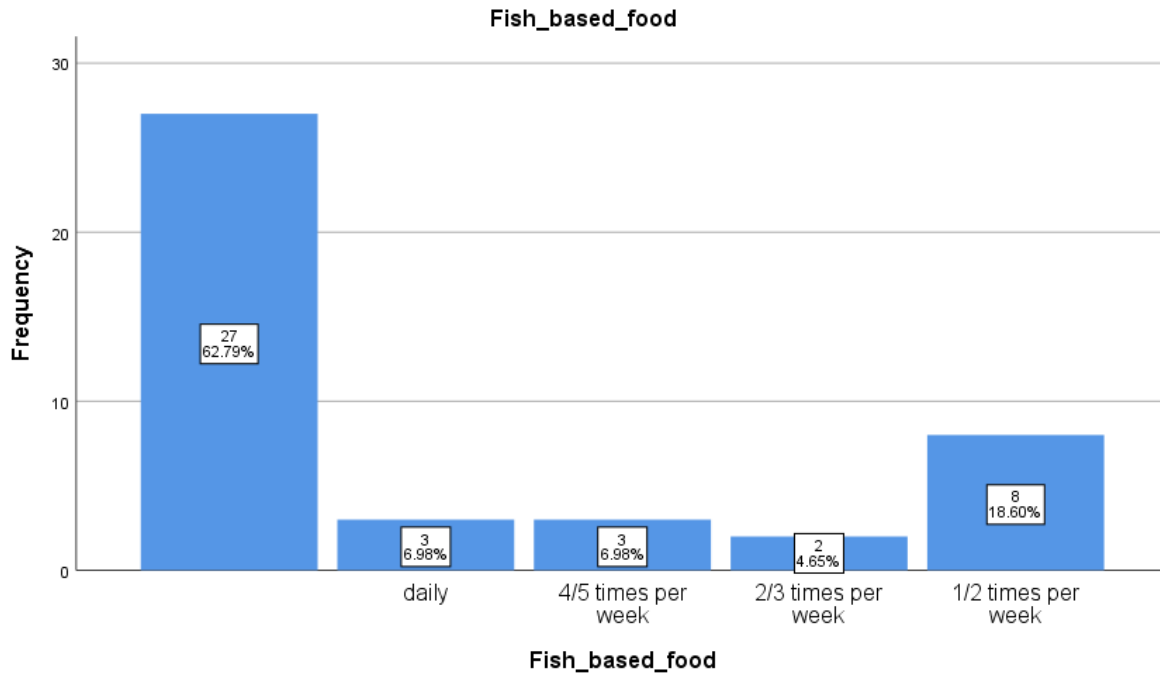
Chart 25



Here we can see that, 9.30% respondent take meat daily in their meal, 9.30% are take 4/5 times in per week, 16.28% are take 2/3 times in per week, 13.955 are take 1/2 times in per week and 51.16% are don't take.

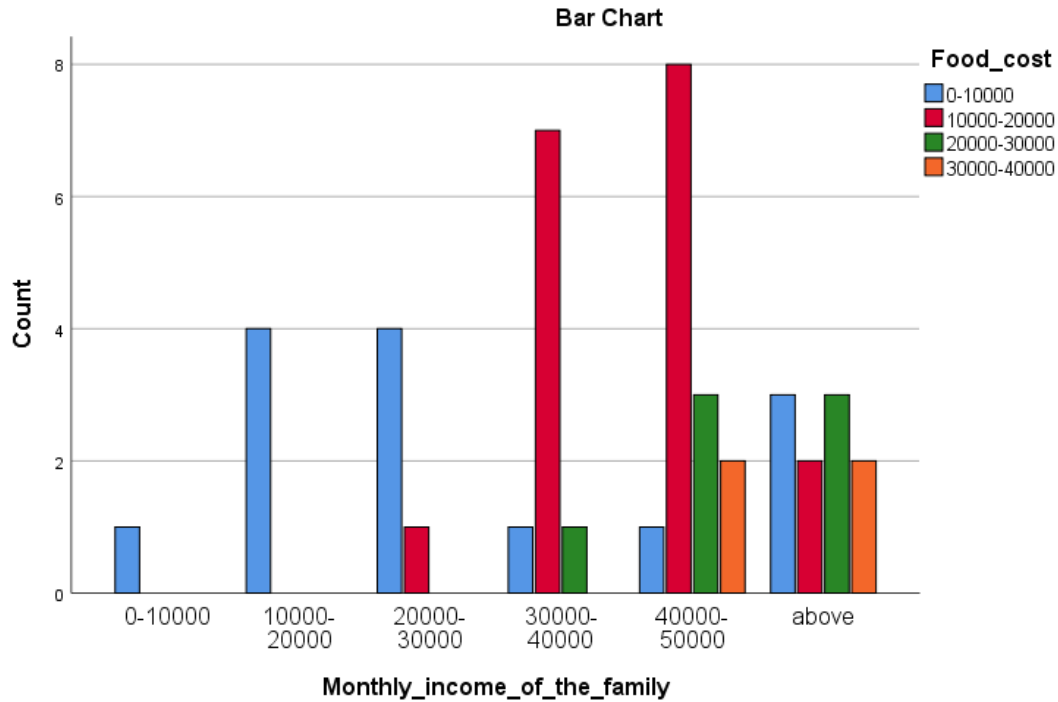
## 4.2.26 Fish based food

Chart 26



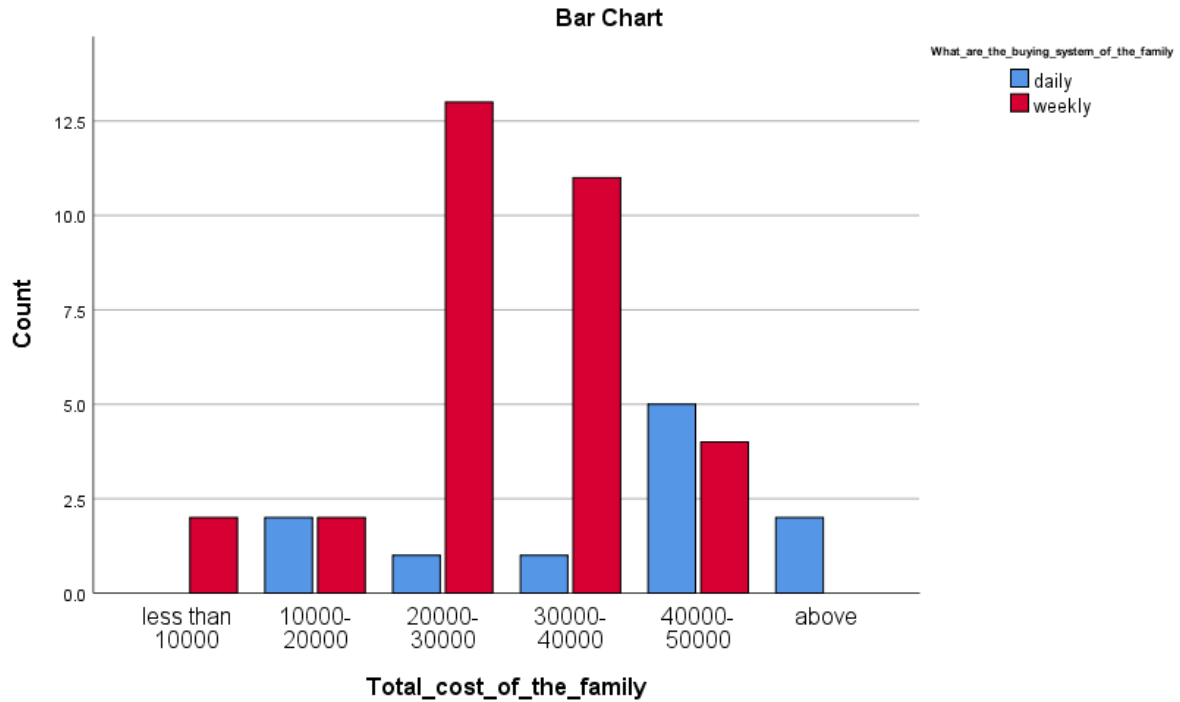
Here we can see that, 6.98% people daily consumed fish based food, 6.98% are take 4/5 times in per week, 4.65% are take 2/3 times in per week, 18.60% are take 1/2 times in per week and 62.79% don't take.

### 4.3.1 Cross tabulation between food cost and monthly income of the family



This chart is showing the food cost of the family which is comparing against the monthly income of the family.

### 4.3.2 A cross tabulation between buying system of the family and total cost of the family



This chart are showing the buying system of the family which is comparing against the total cost of the family.

## **Chapter-5**

### **Discussion**

In Southern United States a case study was done to find out to the protein consumption patterns and their knowledge on protein diet. Both male and female were included in this study. In this case study they found that maximum people had no idea about protein or didn't know the importance of protein. Few people were unsure that they took protein or not. Only a very few take adequate amount of protein. They also found that people had no knowledge about source of protein. <sup>[8]</sup>

The study was mainly done to find out the people's knowledge about protein rich food and how they take protein or how they cook or their eating methods of protein rich food. This was done in a specific area on a small group of people. Due to pandemic situation my sample size (43) was short and from them 74.42% were male and 25.58% were female. Through this study I found that 86.05% people had knowledge about protein rich food or they knew the sources of protein and 13.95% people hadn't any idea about protein rich food or didn't knew the sources of protein.

## **Chapter-6**

### **Conclusion**

Protein is one of the most important macronutrient for our body. Protein is very important for all age's people. Protein is very essential for our body. So, this case study was done to assess the knowledge about protein rich food and their consumption patterns on a specific area. I think, this is might be helpful to hold the attention of the people. This study will also create the awareness among people.<sup>[9]</sup>

This case study will plays an important role or will be helpful in research sector or education sector. In this case study, there are lots of scope to do many things with this case study. Due to pandemic situation I can't do it properly. If I will find any opportunity in future, I will explore the case study.



# Chapter-7

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## Chapter – 8

Sl. No.

### Questionnaire on

### “Knowledge Assessment on Protein Rich Foods and their Consumption Patterns among Selected Households in Dhaka City”

#### A) Background Information

1. Name of the Household Head:
2. Name of the Respondent:
3. Age:
4. Sex:
5. Religion:
6. Home District/Town(Upazilla):
7. Education of the respondent:
8. Education of the Household head:
9. Household's Size: 3/ 4 / 5 / 6/ 7/ 8/
10. Monthly income of the Household's:
11. Total monthly expenditure of the Household's :
12. Education cost:
13. Food cost:
14. Other Accessories cost:

#### B) Information of Dietary knowledge and behavior

15. What are the sources of energy giving foods?
  - a) Rice, bread and cereals
  - b) Milk and milk products
  - c) Meat, fish, egg and poultry
  - d) Fruits and vegetables
  - e) Pulses and legumes
  - f) Others
16. What are the sources of body building foods?
  - a) Rice, bread and cereals
  - b) Milk and milk products
  - c) Meat, fish, egg and poultry
  - d) Fruits and vegetables
  - e) Pulses and legumes
  - f) others
17. What are the sources of protective foods?
  - a) Rice, bread and cereals
  - b) Milk and milk products
  - c) Meat, fish, egg and poultry
  - d) Fruits and vegetables
  - e) Pulses and legumes
  - f) others
18. What are the sources of iron rich foods?
  - a) Rice, bread and cereals
  - b) Milk and milk products
  - c) Meat, fish, egg and poultry
  - d) Fruits and vegetables

- e) Pulses and legumes                      f) others
19. What are the main sources of Vitamins rich foods?
- a) Rice, bread and cereals                      b) Milk and milk products
- c) Meat, fish, egg and poultry                      d) Fruits and vegetables
- e) Pulses and legumes                      f) others
20. Do you know the sources of protein rich foods? Yes/No
21. If yes, please mention some protein rich foods? -----

**C) Information of the Protein Rich Foods Consumption for the Last Week**

<b>Food items</b>	<b>Daily (once/twice)</b>	<b>Frequently (4/5 times per week)</b>	<b>Of time (2/3)</b>	<b>Rarely (1-2 times)</b>
Beef				
Goat/Sheep				
Chicken				
Duck				
Pigeon/Birds				
Egg				
Big fish				
Small fish				
Whole Milk				
Skim Milk				
Curd				
Cheese				
Milk Shake Laschi				
Milk-based Products (Semai/Kheer/Payes/ Custards/ Pudding)				

Meat-based Products (Frozen foods/ others)				
Fish-based Products (Frozen foods/ others)				
Others				

**D) Information of the consumption patterns and behavior**

22. What are the Household's marketing system? Daily/ weekly/ Monthly
23. How many times do you consume protein rich products daily? 1/ 2/ 3/ 4/
24. Do you know the proper idea of nutritional value of protein rich products?
25. What are the cooking system of your meat –based products?
  
26. What are the cooking system of your fish –based products?
  
27. What are the cooking system of your milk –based products?

Thank You for Your Nice Cooperation

Date of Interview: